

Elk Point REVIEW

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Tuesday, January 7, 2014

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Clinics added

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For 2014

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to hockey... **Page 5**



2013: Elk Point's landmark year of construction, challenges and change



By VICKI BROOKER
Review Staff

For Elk Point, 2013 was definitely a year of construction, challenge and change, with the new industrial subdivision, new and old residential areas and even the downtown core becoming beehives of construction activity. Construction also was prevalent outside of town as a major pipeline s made its way through the area, increasing traffic and bringing the issue of work camps to the fore.

Challenge bombarded the community right at the year's beginning, with staff shortages at the Healthcare Centre that sent residents elsewhere to seek treatment, and was not totally solved until well into the year. Challenges also erupted in the town council chamber, causing unusually heated discussions.

Change came in the form of a new town council, with new ideas they were eager to share, and continued to the end of the year as the new council gave approval to combining two part-time positions into one full-time position in the FCSS Department.

January: Staff shortage, power shortfall

The new year started off with a serious shortage of staff at Elk Point Healthcare Centre that saw the emergency department closed overnight from Dec. 24 to Jan. 2... Elk Point Pee wee Avalanche won the 'B' side of their home tournament, winning all but one game during the weekend.... A report on the energy produced over 18 months by the Elk Point Visitor Information Eco Centre's solar collectors and wind turbine showed the two produced 37 per cent of the building's needs, with the solar panels providing 28 per cent and the turbine just nine per cent

(Continued on Page 2)

Expansion and relocation of existing businesses (top and below) combined with construction of single- and multi-family homes for a very busy year.



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Looking back at 2013: the year in review

(Continued from Front Page)

Retired oilman Al Pankiw joined the Community Advisory Policing Committee as the oil patch representative... Elk Point Ukrainian Dance Club portrayed the four seasons at their Malanka celebration... Elk Point town council passed first reading of the new land use bylaw... Two Ballas brothers skipped winning rinks at the 30th Annual Elk Point Oilmen's Bonspiel, Sheldon taking an extra-end victory over Leonard Gadowski's Shamrock Valley rink in the grand challenge and Tyson's Encore Environmental rink winning over Dave Cousins and Pyramid Electric in the second event final... Ken Ference was named the Oilman of the Year at the bonspiel banquet... MLA Shayne Saskiw, Mayor Parrish Tung, town council and Health Advisory Council representative Diana Anderson met with Alberta Health Services vice president of rural operations for the North East Zone, Wendy Harrison, Dr. Drew Ramful, Dr. Ayobami Oyebo and members of hospital staff to seek clarification on Healthcare Centre staffing issues.



Cute carrot capers were courtesy of the Beginners group at the Malanka celebrations.

February: 4-H speakers and Family Day

After an analysis of contract collection costs, town council agreed that residential garbage collection will continue to be done by town staff... Seniors Larissa Lupul and Roy Tymko, intermediates Heidi Tymko and Matthew McNally and juniors Kailey Wirsta and Dustin Pinder won the Elk Point 4-H Beef Club speak-off, with intermediates Nolan Vogel, Leanna Gibson and Morgan Baker and juniors Abby Baker, Carson Vogel, Brooke and Madison Krider taking the Elk Point 4-H Multi Club honours... The Town of Elk Point was the proud recipient of a Minister's Award of Municipal Excellence, the 2012 Partnership Award for the Eastern Alberta Trade Corridor Foreign Direct Investment Strategy presented by Minister of Municipal Affairs Doug Griffith at the AUMA Convention... Town council hiked the residential tax incentive for new construction to coincide with that for other types of buildings, in hopes that the change would boost sales of the new residential lots coming on stream... Health care and education were addressed at the Elk Point Chamber of Commerce annual meeting, where the 2012 leadership team was reelected by acclamation... Mayor Parrish Tung reported that negotiations with Alberta Health Services resulted in the re-opening of two of the 12 acute care beds at Elk Point Healthcare Centre... Family Day weekend was marked with a gospel jamboree and pie auction at the Christian Community Church and fun for the whole family at the A. G. Ross Arena and the Elk Point Arts and Leisure Centre... A huge number of Elk Point Elementary School students and staff wore pink on the sixth annual Pink Shirt Day, sending a powerful message to bullies... Town council agreed to hire an economic development officer, but there was confusion regarding who would foot the bill for the position... Fifty-four snowmobiles from the past were on display in the Iron Horse Trail staging area before most of them took a tour down the trail following the show... Donations toward projects at A. G. Ross Arena and to the Heart and Stroke Fund were raised at the Third Annual Jim Vinge Memorial Hockey Tournament.

March: Gold rush to golden eggs

There was a gold rush in Elk Point Elementary's science room, where Tino Braga won one of six Grade 3 Awards of Excellence for his Science Fair display on gold panning... Inheriting a salon, not a saloon, didn't slow down the zany crew in "Way Out West... In a Dress," the Elk Point Community Choir's 2013 dinner theatre production... Elk Point Chamber of Commerce agreed their involvement in the annual Auto Club

Show and Shine might need an overhaul, as their street fair was far from being a money maker... "Grease" was the word at the Elk Point Skating Club carnival, with the catchy tunes from that popular musical setting the scene for some great performances by the club members... Town council distributed at total of \$138,000 in Municipal Sustainability Initiative grants to organizations and town programs... An old tradition was revived at Elk Point Minor Hockey's windup banquet, with the presentation of sportsmanship, most improved and most valuable player awards to deserving players on each of the five teams, with Dustyn Pankiw winning the Alex Kurash Memorial trophy before the Pee wee Avalanche headed off to Pee wee C Provincials in Redwater... Keanna Radcliffe, Vanessa Ginez and Justin Jamieson found the golden eggs at the Elk Point Firefighters' Good Friday Easter Egg Hunt.



Margaret Modin is congratulated by MLA Shayne Saskiw and Mayor Parrish Tung as she receives the Queen's Diamond Jubilee Medal from MP Brian Storseth.

April: Packed hall and Hall of Fame

Residents of Elk Point and area packed the Seniors' Recreation Centre to overflowing for a public meeting on Elk Point Healthcare Centre staffing, sending a clear message to Alberta Health Services, federal and provincial governments that it was imperative that the situation be resolved... Elk Point senior Margaret Modin was presented with a Queen Elizabeth II Diamond Jubilee medal by MP Brian Storseth in recognition of her efforts in the community... A decision made two years earlier to close 53 Ave. east of Highway 41 and then to sell the land to a private business was questioned by the other adjacent business owner, for whom it was an important access route... The County of St. Paul approved a letter requesting provincial assistance to upgrade Murphy Road which also stated the county believes the road should be under provincial jurisdiction... Elk Point Early Childhood Development Committee was awarded \$25,000 to promote broad-based community support and resources for children from birth to five years of age and their families... Mayor Parrish Tung received word that he was to be inducted into the Alberta Schools' Athletic Association Hall of Fame in recognition of many years of involvement with high school sports... Elk Point town council was happy to hear that the provincial government would pay the entire cost of resurfacing the runway at Elk Point Municipal Airport... Riverland Recreational Trail Society recognized pioneers John Trefanenko, Johnny Doonan, Ray Danyluk, Ed English and Robert Bouchard as the society marked 10 years of operation at their annual meeting... Elk Point Ukrainian Dance Club celebrated the arrival of spring with their annual concert.

(More Year in Review - Page 3)

NOTICE

County of St. Paul No. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2013-50** which is a Bylaw to rescind Land Use Bylaw No. 2013-11 and establish a new Land Use Bylaw, as it relates to all lands and development in the County of St. Paul No. 19.

A **Public Hearing** will be held on **Tuesday, January 14, 2014 at 11:00 a.m.** or as soon thereafter as can possibly be arranged, at the County Office in St. Paul.

Copies of the Bylaw may be inspected during normal office hours at the County Office and are available online at www.county.stpaul.ab.ca

For further information, contact the County Office 780-645-3301, ext 205.

Krystle Fedoretz, Planning & Development Officer
County of St. Paul No. 19
5015 - 49 Avenue
St. Paul, AB., T0A 3A4



NOTICE

County of St. Paul No. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2013-51** which is a Bylaw to rescind the Municipal Development Plan Bylaw No. 2013-10 and establish a new Municipal Development Plan Bylaw, as it relates to all lands and development in the County of St. Paul No. 19.

A **Public Hearing** will be held on **Tuesday, January 14, 2014 at 11:30 a.m.** or as soon thereafter as can possibly be arranged, at the County Office in St. Paul.

Copies of the Bylaw may be inspected during normal office hours at the County Office and are available online at www.county.stpaul.ab.ca

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The dance hall darlings were in fine form at the Lucky Lady Saloon in "Way Out West... In A Dress."



Elk Point 4-H Multi Club, like their Beef Club counterparts and 4-Hers across the province, pitched in to clean up a winter's worth of debris in the annual Highway Clean-up.

More Year in Review

May: 2nd Chance to new records

Firefighters Jon Kadutski and Darryl O'Reilly accepted awards for outstanding performance from County Coun. Dwight Dach at the Firefighters' Ball... Elk Point and District Lions held their 28th annual Walk For Sight, raising \$1,523... The second annual 2nd Chance Trail Ride from Lindbergh to Heinsburg was a huge success, packing the Heinsburg Community Hall with 162 registered participants and a large influx of spectators and other supporters to the doors for the supper, silent auction and dance... Elk Point Community Choir welcomed spring with their annual concert, where Randall Kry's was dressed in vintage style for the men's rendition of Marty Robbins' 1957 classic, "A White Sports Coat"... The Town of Elk Point held the line on property tax rates, the residential tax set at 9.966 mills and the business tax at 22.5 mills for another year... There was entertainment and exuberance at Elk Point Elementary School in Education Week, with over 40 students taking part in a hugely successful Fourth Annual Entertainment Showcase... First-year member Tulsen Wells showed the Grand Champion steer at Elk Point 4-H Beef Club's Achievement Day, with Kailey Wirsta's steer named the Reserve Champion... Heinsburg Community School celebrated the Class of 2013, with Bennette 'Benny' Moyah, just returned from the Skills Canada provincial competition in carpentry, giving the class address... Two new records were set at the Elk Point Elementary School track meet, Grade 6A student Dustyn Pankiw jumping 3.45 metres in the Long Jump and 5A student Dylan Ference shaving .02 off the time for the 100-metre race with his winning time of 7.09... Returning interpreters Blake Desjarlais, Lisa Shankowski and Chris Grant were joined by Bailey Oster to make up the 2013 staff at Fort George and Buckingham House Interpretive Centre.

June: District 4-H, Class of 2013

Elk Point 4-H Beef Club shone at the District 4-H Show, where Tulsen Wells showed the District Reserve Champion steer, Larissa Lupul, Roy Tymko, Taylor Robbie, Heidi Tymko and Kailey Wirsta also picking up trophies in the showmanship and grooming categories... Organizers of the Riverland Challenge reluctantly called a halt to that event due to safety concerns regarding the river portion of that event... Representatives of Aurora Executive Lodges held an information session about their plans to build an accommodation complex in Elk Point to house work crews... Grade 12 student Tia Lowry accepted five scholarships at F. G. Miller High

School's Awards Day, which combined the awards traditionally presented at graduation, a sports awards supper and a fall awards night for Grades 7 to 11... Rezoning of four parcels of land along 50 Ave. at the west end of Elk Point was approved, but half of the ratepayers at a public hearing were very much opposed to locating accommodation for workers on the property... A new generation of Ferguson Flats area residents carried on tradition, County Coun. Glen Ockerman ringing the school bell to officially open the 100th Anniversary celebration for Fern Chapel School, built by his grandfather and other area pioneers, attended by his father and his father's siblings, and for which his aunt, the late Olga Ockerman, had been instrumental in its restoration... Elk Point Elementary School's awards day had a new emphasis on citizenship, sportsmanship and the achievements of well-rounded students, reflecting on the changes that have come about with outcome-based reporting, only the School Division Grade 6 Academic Award, accepted by Alyssa Duncan, based on the year's marks... FCSS Director Deanna Easthope visited town council to discuss potential changes to the position, from which she will retire at the end of 2013... F. G. Miller High School celebrated the Class of 2013, with Tia Lowry as valedictorian urging her classmates to leave past differences in the past and enjoy the short time they still had together.

Vehicles vandalized

By SGT. D. CASEY
Elk Point RCMP

The Elk Point RCMP are seeking the public's assistance in identifying suspect(s) in the following incidents.

Over night on December 25th, two vehicles were vandalized in Elk Point. One vehicle in the parking lot of the Heritage Lodge had both rear side windows smashed. A second vehicle parked on 50th Ave, near the hospital, was entered and suspect(s) attempted to steal it. Damage was done to the steering column and electrical wiring.

Anyone with information about this or any crime is asked to contact the Elk Point RCMP or Crime Stoppers. Crime Stoppers does not subscribe to caller ID or call display. All calls and web tips are anonymous and you can receive a reward. If you have any information about any crime, call 1-800-222-8477(TIPS) or submit your tip safely and securely online through www.crimestoppers.ab.ca

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Capsule Comments

by Your Natural Choice Apple Drugs pharmacist, Seyi Oyeboade

- Happy New Year! This first column of the year will focus on changes we can make in our life to make us healthier and happier. One mistake that people often make at this time is to try to make too many changes at the same time. Focus on the one that will have the greatest impact on your life and work on that.
- This first remark is directed at the 19% of Canadians that still smoke. Quitting smoking is the best and most powerful change you can make in your life. Smoking is the cause of so many preventable diseases. So if you are a smoker, make quitting your number one priority.
- Most of us don't exercise enough or don't exercise at all. If you are one of these people, start the new year with a daily walk. It need only be for ten minutes to start and increase the duration and intensity as you feel comfortable.
- Nutritionally, you can't go wrong with Canada's Food Guide. Increasing your fruit and vegetable intake, eating red meat moderately (twice weekly is a good maximum), and reducing your fat, salt and sugar intake, can go a long way to making you healthier.
- Our pharmacists talk to people every day about health. We are a ready source of good, reliable health information. We will be happy to share that information with you. Another good resolution for 2014.....visit our pharmacy soon.



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EDITORIAL

Two right!

Two out of three, they say, isn't bad, and that's how we did on our predictions at the beginning of 2013.

The good start on the industrial subdivision did gain momentum, with the highway-front lots sold and more ready to go, and construction ongoing in the new residential subdivision as well.

And yes, the solar lights were finally installed along the 50th Ave. walking trail.

However, our prediction that the regional water line might be in operation by May long weekend was overly optimistic. On the other hand, we didn't say May long weekend in what year...

And now it's 2014. We predict that new homes will pop up in the new residential subdivision, and while we didn't anticipate the infill homes on vacant lots in the older areas, we now would not be surprised if more of the same are built on other vacant lots around town.

New or expanded business premises were also absent from our radar, but that also became a reality and looks like a trend that could continue into the new year, along with an exciting new business or two moving into existing buildings in the downtown area.

Finally, we predict that F. G. Miller's new gym will spur the Crusader teams on to victory in SPAA competitions and hopefully even further afield.

Have a great year, everyone!

Way Back When...

Hearts of gold, strong support

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF JAN. 7 IN...

1989

Ron Barwick, Ruth Vogel, Marnie McCowan, Elaine Etherington, Violet McFadyen and Laverne Wilson were recognized with Air Canada Hearts of Gold awards. Alberta Environment Minister Ian Reid and MLA John Drobot announced that reclamation of the abandoned Town of Elk Point garbage dump would begin soon, weather permitting.

1994

The Review's predictions for 1994 included innovative fundraising by the Ag Society, a new home for Community Services, continued sales of industrial land and increased emphasis on families in the International Year of the Family. Bachelor of Science student Callie Baumgardner won a Northwestern Utilities academic scholarship towards her studies at Augustana University College in Camrose.

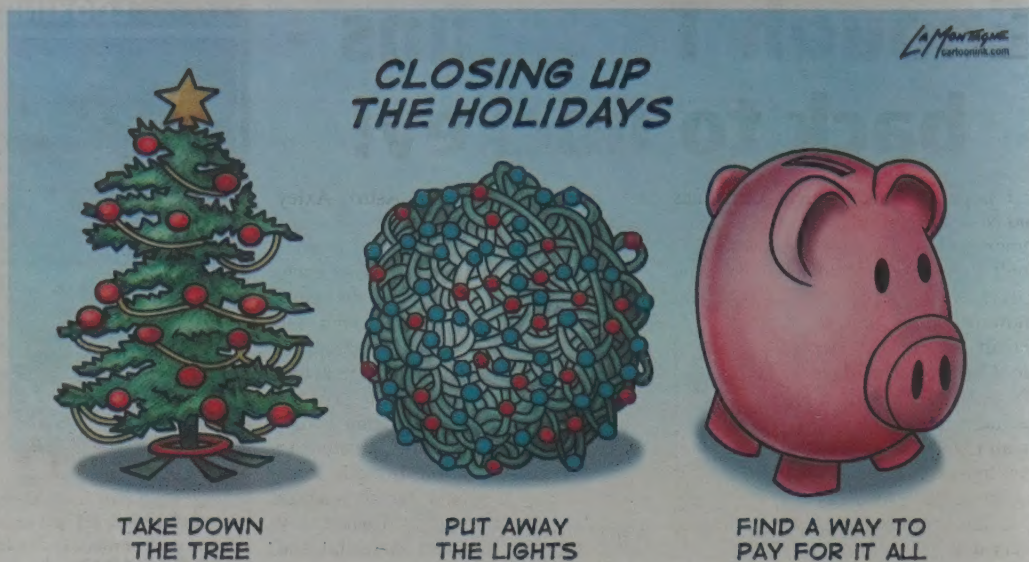
1999

Massive support was shown for Elk Point Health Centre, with over 300 residents crowding the Elks Hall for an information meeting on retaining services, and 1096 signatures on a petition that accompanied a fat sheaf of briefs sent to George Cuff and Associates, the consulting firm conducting a complete review of Lakeland Regional Health Authority facilities, governance and administrative procedures. The United Nations Year of the Older Person would be dedicated to making Elk Point 'senior friendly', said FCSS Director Deanna Easthope.

2004

Elk Point Public Works was still mopping up from a large and costly water main break that left the industrial area without water through the Christmas holidays and was a major obstacle to traffic in the area while it was repaired.

(Continued on Page 5)



GUEST COLUMN

Merry Christmas!

Christmas in Ukraine is celebrated January 7 according to the Gregorian calendar. So today is a special day. For those of us who may not understand everything about the Ukrainian Christmas celebration, I did some research on Google. I learned that during the Soviet time it was not officially celebrated in Ukraine. Instead, the communist government tried to substitute Christmas with the holiday of New Year's. But people did not forget their traditions. After gaining its independence in 1961, Ukraine stated to celebrate Christmas officially as well. There are numerous Christmas traditions there. They vary significantly at the different parts of Ukraine. In most parts of Ukraine on the Christmas Eve people create so-called 'Vertep' (which means cave in ancient Greek). These are scenes from Bible of Jesus birth. They show little Jesus in manger, Mary, strangers offering their gifts and the Bethlehem star in the sky. Those verteps are exhibited at public places, usually near or inside churches. At night candles are installed inside verteps so people who come to church for the night service can observe them.



deanna
EASTHOPE
from the FCSS desk

The Christmas Eve is called in Ukraine 'Sviaty Vechir' (Holy Evening) and is sometimes also called 'Sviata Vecheria' (Holy Supper). People usually cook some tasty foods for this evening. There should be at least 12 different foods on the table. Those considered mandatory include 'Kutia' - the ritual food which is prepared from cooked wheat and special syrup containing diluted honey, grated poppy seeds, raisins and sometimes walnuts. For this evening people install and decorate Christmas trees in their houses. (Sometimes they are called also 'Novorichna Jalyuka' - New Year's fir tree there). Another tradition exists in some regions of Western Ukraine to decorate the table with 'Didukh' - a sheaf of oats or wheat of special shape: with four legs and numerous little bundles. It symbolizes prosperity for the next year. St. Nicolas

(Santa Claus), also called 'Did Moroz', is an ubiquitous Christmas character and is supposed to bring some gifts under the Christmas tree this night. Also in some regions people make decorated Christmas eggs very similar to Easter eggs - 'Pysanky'.

Halloween is not celebrated in Ukraine but some similar traditions are performed there for Christmas. Children this evening come around their neighbors with torches and sparklers (called there Bengal lights) spreading grains and colored seeds. They wish people good health and abundant harvest for the next year and ask for some donations.

Also they perform some Christmas songs called in different parts of Ukraine 'Koliadky' or 'Shchedrivky' like these: "Radusja zemie, radusja. Syn Bozhyj narodysia." - Joy, Earth, Joy. The Son of God was born. "Dobryj vechir, Sviaty vechir. Dobrym liudiam na zdorovja." - Good evening, Holy evening. To good people for good health.

The next day in some villages in Western Ukraine, people organize some folk performances which obviously were inspired by ancient pagan habits. They dress themselves up as monsters with pelts and horns and run through the village trying to scare people. After that they run to the special place on the outskirts of the village and there happens the main act: they fight with all people of the village and finally are defeated. The scarecrows are burned in the big fire, and all the people are dancing around this fire. This symbolizes the fight of Good and Evil and that Good defeated Evil for the whole next year.

So to all our Ukrainian friends, family and neighbors may we say Merry Christmas, "Z Rizzdvom Khystovym" or "Khrystos Razhdaetsia" (Christ is born). In Russian we would say: "S Rozhdestvom Khristovym".

And may your Christmas be as described in the poem called "Giving" by James E. Feig.

*May all your gifts at Christmas be
Bright packages beneath your tree,
Filled with blessings from above
And cheerful smiles from those you love;
Filled with happiness untold,
Lasting friendships, new and old;
Peace and joy, contentment too,
Enough to last the whole year through.*

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

Elk Point Review

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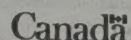
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Enough TV reruns - back to hockey!

I hope you had a great Christmas and New Year's and are ready for some minor hockey, because I know I am. I don't know about you, but when you start watching reruns of Colombo you know it's about time to get off the couch. Over the Christmas holidays it's easy for the kids to get lazy, they can stay up all night playing with new toys or games, eating lots of junk food day after day, and then sleeping in until noon every day.



with two assists, Austin "Astro" Axley on the score sheet also with two assists, Austin "Ozzie" Stafford and "Warrior Warren" Ference with one assist each. Viking would eventually tie the game half way through the third and then squeak out a win in the final two minutes, but it gave the Avalanche team something really positive to build on. It made some parents and coaches extremely proud and proved when they work together they can skate, hit and score with any team in this league.

As usual regardless of the nasty cold day on Saturday, the **Micro Novice Avalanche** filled the stands with parents and grandparents when they hosted Saddle Lake. A hat trick and multiple assists for the little gaffer, Gavin "Giver" Kadutski. "Giver" is a great name for him because not only can he "Giver" on the ice skating, but he really tries to give the other team members a chance to score once he reaches his goal limit. Hat trick and assists also for "Bo Diddly" Fontaine, who by the way doesn't just fiddle around out there, he is an awesome two-way player, always on the move. A hat trick for the rugged redhead "Cyclone Cole" Pierce and Brendon Haesch-Baker with three breakaway goals too. A special girl who is celebrating her sixth birthday today, "Hurricane Kayl" Warawa scored a hat trick too. Speed skater Kale Hoeving and "Never Quit" Howe with two goals each. Little first year player Raif Evans-Anderson with his first assist ever, Sebastian Brousseau with an assist and some very awesome back checking. "Timmy Joe" Cardinal with two assists and some sensational stick saves while playing net.

The **Novice Two** team traveled to Wainwright on Saturday, hammering the Hammers 13 to 5 with only eight players. "Mic Jagger" Fontaine with 7 goals, Sam "Spiderman" Rogal with 4 goals, Josef Theriault and "Bazooka Joe" Cardinal with one each. Dean "the Machine" Ockerman with a helper. Between the pipes the "Kid Kade" Fontaine played superb.

Coach Tyson Stafford was chilled to the bone up in Pierceland on Saturday where they still play on natural ice, but that didn't stop the **Atom Avalanche** from firing up the scoring machine and winning 11 to 4. Jaden "Jet Stream" Van Maarion with 4 goals and an assist, "Lightning Liam" Ludlage with two goals and an assist, two goals for Charlie "Angel" Rogal.

(Continued on Page 7)

Way Back

(Continued from Page 4)

Grade 12 students were gearing up for new-style diploma exams that started earlier and in some cases, involved multiple exams written the same day.

2009

A petition bearing almost 700 names that was received by the County of St. Paul asking county council to pass a bylaw changing the current method of choosing a reeve from among the elected councillors to holding a separate vote by electors for a reeve at large was deemed insufficient under the stringent rules set out by the Municipal Government Act. Donations toward the Allied Arts Centre continued to come in from local businesses as well as from the North Eastern Alberta Real Estate Board.

Friday night has historically been a great night for hockey over the years, especially when the kids get into the older categories like bantam and midget. The **Bantam Avalanche** hosted the Bonnyville Pontiacs this past Friday night and had a good attendance and also had a very good start to the New Year, losing by a respectable score of 3 to 1. When you lose a game it may be hard for some people to see any positives, but I noticed that they have perfected some of the little things that it takes to win and showed progress in a lot of areas. Chipping the puck off the boards, dumping it in and picking up a man on the back check are three areas that the coaching staff has been preaching and it looks like its starting to sink in. Building a winning team from scratch doesn't happen overnight, it takes time and patience. Just look at my Leafs, a perfect example of a team that been a work in progress for years. The Stanley Cup will happen again one day if I can live long enough!

The **Avalanche** were down by two goals early in the first, but killed off the whole second and most of third period, not allowing any goals, but also failed to score on their chances. The **Avalanche's** center man "Slippery Shay" Wood slipped one by their goalie's pads very late in the game, assisted by the smooth skating defenseman Ethan Dion. Goalie Shane "Hercules" Hurtubise was solid as usual, facing 44 shots. Playing on the blue line in this game, defense-women Chansie Botting and Amy Harms were not intimidated at all by some of the bigger boys.

Bantam hockey is supposed to be body checking. The **Avalanche** finally figured this out, but just a little too late. Down 5 to 1 at the end of 40 minutes down in Provost where the **Avalanche** traveled on Saturday, they came out flying in the third, started taking the body to them and it really paid dividends with two big goals being scored, the final another respectable 5 to 3. Brody "the Big O" Odgaard with a goal and an assist. Cameron "Big Bear" Baird was really hungry, coming out of hibernation a few months early, sniffing around the cage for something to snack on, he put in two.

On Sunday at home, learning from the day before, they didn't wait until the third. The bantams came out hitting hard on the league leading team from Viking and played their best game of the year. The **Avalanche** taking a 3 to 2 lead into the third on three goals by the "Big O" Brody Odgaard. "Slippery Shay" Wood

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Hockey highlights

(Continued from Page 5)

Jace "the Stafford Streak" with a goal and an assist, Evan "Bat Boy" Ockerman and the "Lady" Jadey Capjack both driving one home. The steady stay-at-home defense woman Avery "Whirlwind" Warawa with a helper. Behind the mask Ronan "Radar" Poulin was making his usual acrobatic saves.

Before the Christmas break the **Peewee Avalanche** played a great game against Wainwright winning 4 to 2 and one of the main reasons was the play of goaltender Darrian "the Dominator" Rybchinsky who really shut the door on the Bisons and played his best game of the year. They were also on the road on Saturday and traveled north to Boyle to meet our old friend Garrett "the Goalie" McGillivray and company. The Avalanche coming out strong in the first two periods and out played the league leaders, but powered out

in the third, losing this one 8 to 3. Connor "Coast to Coast" Lychak, Hayden "Hot wheels" Ludlage and Dylan "the Destroyer" Ference scoring the goals, Devon "Naz" Nazarchuk and team captain Angus McFarlane with the assists.

Make sure to stop in at the A. G. Ross Arena this coming weekend, the **Novice Avalanche** are hosting an eight-team tournament, the first one of this season for us, so it should be lots of fun and great cheap entertainment.

And now for the K. A. Campbell quote of the week. "Our team can afford to have five per cent of the guys not giving 100 per cent. But when we've got 95 per cent not giving 100 per cent we are in real trouble. "Last week's answer to: "Two people fighting is not violence in hockey. It might be in tennis or bowling, but it's not in hockey." - Gerry Cheevers.

Chamber meets Thursday

By VICKI BROOKER
Review Staff

Elk Point Chamber of Commerce will hold their first meeting of 2014 on Thursday evening at 6:30 p.m. at the Empress, with a recap of the

Nov. 29 Christmas Extravaganza and setting the date for the 2014 Annual Meeting among the items on the agenda.

The chamber has not met since November 5 and has a lot of catching up to do at this meeting.

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Storseth reflects on 2013, confirms intention to run in new Lakeland Riding

By SAM MACDONALD
Review Contributor

Last year was a busy year for Westlock-St. Paul MP Brian Storseth, and 2014 appears to be just as busy. While serving as MP, Storseth says he achieved a number of important milestones.

"We had a great year this year," says Storseth. "I think one of the biggest achievements this year is the Canada Europe Trade Agreement. The agreement will open up 500,000 million people to our exports."

Storseth explains that the trade agreement opens up a large market in Europe, which will help beef and grain producers, oil companies, and all other export markets in the province and Canada.

"This Canada Europe Trade Agreement is marked as one of the biggest things in decades," Storseth adds.

Another bill Storseth considers an important milestone of his work on 2013 was Bill C-304, his private member's bill, receiving royal assent.

"The private members bill received royal assent this year, and it is one of the few private members bills that made substantive changes to legislation," says Storseth. The bill repeals a section of the Human Rights Act, and is designed to protect freedom of speech.

He adds, "It's a milestone achievement."

Regarding challenges that he and the Government of Canada have faced, Storseth says, "Obviously the

senate scandal was a challenging time for us. Any time we talk about trying to change or make major reforms, or abolish an archaic institution like the senate, it proves to be a challenge for the government."

The MP says he is "happy the prime minister is pushing forward toward real consequences for people who've abused the system" and Storseth is looking forward to moving into a productive year in 2014.

"At the local level, we've been working with local municipal councillors, and are looking forward to meeting and listening to municipalities, talking about types of infrastructure funding they'd like from government. It was a good year, and we're looking forward to getting back to a balanced budget, and eliminating the deficit. I think we have a lot to look forward to in 2014."

One of the major changes that will continue to move forward in the coming year is redistribution of ridings, since it will affect the current boundaries that make up the Westlock-St. Paul riding.

"Redistribution is happening in our area, the Lakeland Riding will exist in our next election (in 2015). Our current riding got split in half, where half is the Lakeland Riding, and little portions of what we have now are being segued into other ridings," explains Storseth.

"Cold Lake is part of Fort McMurray now, and Westlock is going into another new riding. Alberta is getting six new ridings in the next election."

Storseth, who lives in St. Paul, confirmed his intention to run as a candidate in the Lakeland Riding in the next election.

"It's where I live, my home community, where I'm strongest. Because of that, it's not that big of a change for me. I represent most of what will be the Lakeland Riding already, and the MP who represents the other parts has indicated he's not going to run against me. As of right now I'll be the incumbent in the Lakeland Riding."

The Government of Canada is adding a total of 30 new seats into parliament, with Alberta gaining six of those seats.

Province steps up fight against influenza, adds more clinics

By JANICE HUSER
Review Contributor

Alberta Health Services continues to encourage Albertans to get this year's annual influenza vaccine, as cases of H1N1 are being confirmed across the province.

Dr. Kathryn Koliaska, one of the medical officers of health for the North Zone, says the province is seeing an upswing in the numbers of lab confirmed cases of influenza lately, but those numbers are "typical" for this time of the year.

What makes this season different is that "it's a different strain than it was last year" and the fact that H1N1 is circulating is an "interesting twist." She adds that it seems as though more children and otherwise healthy adults are getting sick with influenza also.

Koliaska explains that symptoms of H1N1 are similar to other strains of influenza, and can include coughing, fever, chills, muscle aches, and often will "knock you into your bed for a week." Symptoms can also be gastrointestinal.

She says that with other illnesses also circulating in the winter months, influenza is one thing you can protect yourself against by getting a vaccinated. Along with getting the vaccine, Koliaska also recommends sticking to the basics to prevent the spread of the flu, such as covering your mouth when you cough, washing your hands, and staying home when sick.

As a way to deal with the flu, the province has added influenza clinics to many communities in the province. St. Paul will have clinics

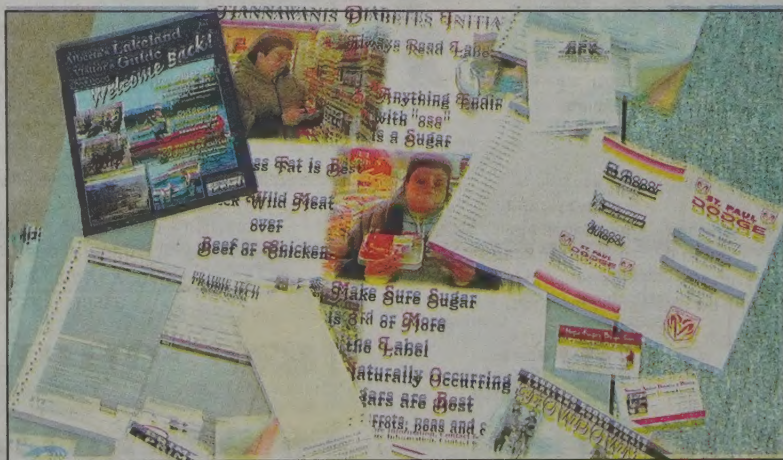
on Jan. 8, Jan. 13, Jan. 14, Jan. 16, and Jan. 17 from 9 a.m. to 4 p.m. at St. Paul Community Health Services, located at 5610 50 Ave.

"Albertans aged six months and older can drop-in to these clinics, without appointments, during opening hours and received the free immunization," says a release from AHS.

H1N1 is one of the components in this year's influenza vaccine, according to the release. Those who have received influenza vaccines last season should get this season's vaccine.

An immunization clinic will also be held in Elk Point on Jan. 9 from 1 to 4 p.m. at Elk Point Community Health Services, located at 5310 50 Ave.

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